

# Dining at UVM, we're all about you!

UVM Dining is dedicated to creating enjoyable dining experiences for everyone. You can count on us to offer well-balanced meals featuring fresh ingredients for a variety of eating styles. Whether you are vegan, a localvore, or a student with food allergies, we have something for you.

## FOOD ALLERGIES

Accommodations for allergens and dietary preferences are available at retail and unlimited dining locations. Additionally, our managers and head chefs are Allertrain U certified and our staff is educated on how to prepare safe meals. If you have a food allergy or dietary need, contact our Registered Dietitian at Nicole.Rohrig@uvm.edu or (802)656-3566 for an appointment.

## MY ZONE

A gluten, peanut and tree nut free area, My Zone is reserved with food allergies and other dietary needs. Located inside our unlimited dining halls it is a pantry for students to do their own allergen safe meal prep. We ask the campus community to respect these spaces for those that truly need them.

## FOUR

A station debuting in fall '19 at Redstone Unlimited and The Marketplace. This station is free of gluten, peanuts, tree nuts and shellfish.

## SIMPLE SERVINGS

Harris Millis and Central Campus Dining are home to allergen-safe dining option for customers with food allergies, gluten intolerance, as well as those who prefer simple foods. Each meal is prepared without the seven most common allergens: peanuts, tree nuts, shellfish, wheat, soy, milk products and eggs or gluten containing ingredients.

## MINDFUL

We make eating healthy, easy! Mindful is our healthy option available across campus. Each meal guarantees the use of fruits, vegetables, whole grains, lean proteins and meets the following criteria:

- ≤600 calories
- ≤35% of total calories from fat
- ≤800 mg of sodium

## KOSHER DINING

We have a certified Kosher Kitchen operated by Vermont Kosher. Kosher dinners are available Sunday-Thursday at Redstone Unlimited. Also, grab and go Kosher meals are available in retail locations campus-wide.

## FREESTYLE

Our fountain beverage prepaid refill program, that uses a refillable bottle, allowing us to offer unlimited beverages at a low cost to you while reducing the number of one time use containers.

## GRUBHUB

Grubhub, formerly Tapingo is a mobile food ordering app that allows you to view, customize and place your order all from your phone. Grubhub tells you when your food is ready for pick up. Download the app today!

## DISCOVERY KITCHEN

Discovery Kitchen, located inside Central Campus Dining is a culinary learning space providing experiential education into the world of food through the lens of sustainability, health and culture. Discovery Kitchen engages and inspires students to learn to cook and discover the world of food.

## MY KITCHEN & EXPLORATION STATION

My Kitchen, Harris Millis Dining & Exploration Station, Central Campus Dining, are hands-on cooking stations for you to prepare your own meals under chef supervision with ingredients and recipes provided by us. Plus, get culinary tips.

## REAL FOOD CHALLENGE

Is a national organization whose goal is to increase the purchases of real food on campuses to 20% by 2020. We're excited to announce we're at 22% and have recommitted to 25% by 2020! Currently we are at 26%. For this purpose Real Food is defined

- as:
- Local & Community Based
  - Ecologically Sound
  - Fair
  - Humane

## ECOWARE

EcoWare is our reusable take out program that offers an alternative to disposable containers. Did you know you can take a meal to go from our unlimited dining locations? Ask us how. Eating in retail? Give your cow tag to your server/cashier and receive a meal in an EcoWare container plus, get a 25¢ discount!



406 South Prospect Street; Robinson Hall  
Burlington, Vermont 05405

# Dining Locations



UVM DINING #



**NORTHSIDE Unlimited Dining**

Mon-Fri 7:30am-8pm • Sat-Sun 10am-8pm

A quaint, unlimited dining hall featuring exhibition cooking, deli, soups, salad bar and a small retail space for foods to go. My Zone a self-service pantry free of gluten, peanuts and tree nut with dedicated equipment for self-food prep. . . . . 656-9528

**GIVEN BISTRO** - Given Medical Building

Mon-Fri 7:30am-3pm

Featuring Zime, a modern bakery-café offering fresh and nutritious meals with a delicious twist! Menu includes healthy salads, savory soups, flatbreads, pastries, extensive line of Aspretto coffees, espressos, cappuccinos, teas, and smoothies . . . . . 656-2569

**CAMPUS PERK** - Grossman School of Business

Mon-Fri 7:30am-4:30pm

Our newest coffee shop featuring Vermont Artisan coffee, espresso, salads and pastries.

**CENTRAL CAMPUS Unlimited Dining**

Mon-Fri 7am-8:30pm • Sat-Sun 8am-8pm

A state-of-the-art unlimited dining hall featuring eight open-style kitchens. Home of Discovery Kitchen, a culinary learning space providing hands-on cooking classes. Simple Servings, meals made without the most common allergies. My Zone a self-service pantry free of gluten, peanuts and tree nut.

**CYBER CAFE** - Howe Library

Mon-Thurs 8am-6:30pm • Fri 8am-2:30pm  
Sun Noon-7pm

UVM's warm and welcoming gourmet coffee house featuring Speeder & Earl's coffee, lattes, chai tea, hot chocolate & baked goods . . . . . 656-2436

**WATERMAN MANOR** - 85 South Prospect Street

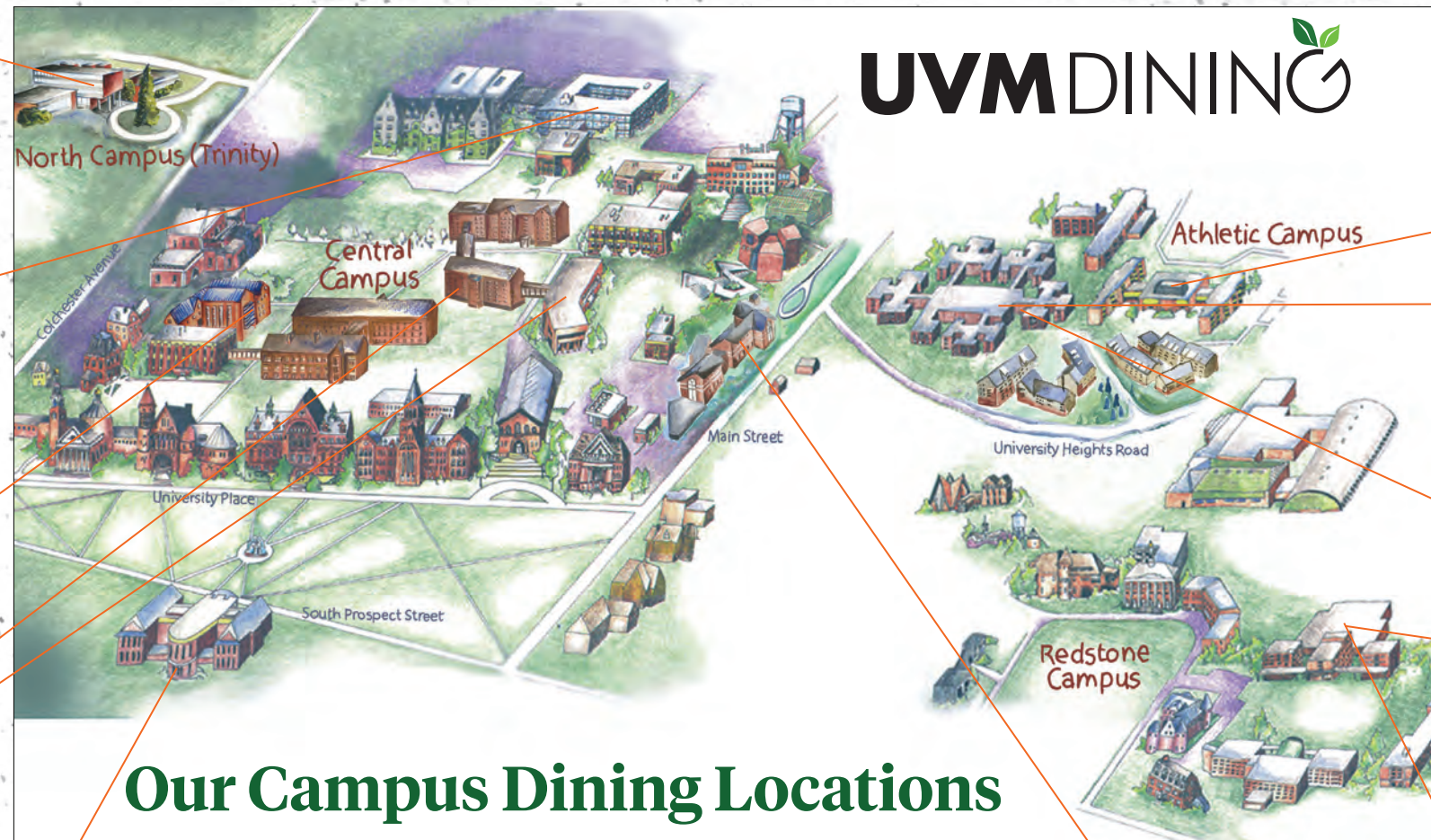
Mon-Fri 11:30am-2pm

Sit down, restaurant-style dining showcasing a fresh menu finished with our chef's creative touch. . . 656-8459

**WATERMAN CAFE** - 85 South Prospect Street

Mon-Thurs 7:30am-4:30pm • Fri 7:30am-2:30pm

Highlighting Vermont Artisan Coffee along with chef-inspired daily specials, soups, express salads and hot/cold sandwiches. . . . . 656-8644



# Our Campus Dining Locations

**DUDLEY H. DAVIS STUDENT CENTER**

**The MARKETPLACE**

Mon-Thurs 8am-4pm • Fri 8am-2:30pm

Home of Four, a station featuring foods free of gluten, peanuts, tree nuts and shellfish. Plus, International-inspired entrees, comfort favorites, soups and a salad bar . . . . . 656-3564

**BRENNAN'S**

Mon-Sat 11am-10:30pm • Sun 3pm-10:30pm

Your "Real Food" dining destination featuring breakfast all-day, local burgers, classic sandwiches, salads, and milkshakes too! . . . . . 656-3081

All service hours subject to change upon University recommendation.

**NEW WORLD TORTILLA**

Mon-Fri 10am-8pm

A local favorite featuring burritos, tacos and specialty wraps . . . . . 656-2171

**GREEN ROOF DELI**

Mon-Fri 10:30am-4pm

Soups and specialty sandwiches featuring rustic breads, select deli meats, Vermont cheeses, and homemade spreads.

**UVM DAIRY BAR**

Mon-Fri 10am-4pm

Featuring smoothies made with organic fruits and juices. Plus, ice cream produced with UVM milk from the CREAM program. . . . . 656-8188

**HARRIS/MILLIS Unlimited Dining**

Mon-Wed 7:30am-12am  
Thurs-Fri 7:30am-9:30pm • Sat-Sun 10am-8pm

Hearth-fired pizzas, salad bar, grilled favorites and global cuisine. PeaPod, a vegan/vegetarian station. Simple Servings, meals made without the most common allergies. My Zone a self-service pantry free of gluten, peanuts and tree nut. . . . . 656-3867

**UNIVERSITY MARCHÉ** - Living & Learning Complex

Mon-Sun 9am-9pm

Euro Kitchen, homestyle-pizzas, grab and go meals and grocery items. Sprout, a dedicated Vegan station. Wow Bao, Asian cuisine with a modern flair. Swirl, featuring smoothies and creemees. . . . . 656-4721

**SKINNY PANCAKE** - Living & Learning Complex

Mon-Thurs 7:30am-10pm • Fri 7:30am-12am  
Sat 9am-12am • Sun 9am-10pm

Local favorite creperie & late-night stop . . . . . 656-4426

**REDSTONE Unlimited Dining**

Mon-Fri 7:30am-8pm • Sat-Sun 8am-8pm

Home of Four, a made-to-order station free of gluten, peanuts, tree nuts and shellfish. Plus, traditional-style dining serving comfort foods, vegan, vegetarian, soups and salad bar. . . . . 656-3234

Kosher entrees available Sun-Thurs 5pm-7:30pm.

**REDSTONE MARKET**

Mon-Fri 7:30am-2:30pm, 6pm-10pm  
Sat-Sun 6pm-9pm

A mini market featuring bagels and sandwiches made to order, plus, soups, a salad bar, pizza, and a large selection of beverages & grocery items . . . . . 656-7907

**UVM Dining Admin Office** . . . . . 656-4664

**Meal Plan Office** . . . . . 656-2945

**Sustainability Office** . . . . . 656-7911

**Registered Dietitian** . . . . . 656-3566  
Mon-Fri 8am-4:30pm

**DOOR PRICES at Unlimited Dining LOCATIONS:**

- Breakfast \$7
- Brunch/Lunch \$9.40
- Dinner \$11.55
- Late Nite \$10.20

(Cash, Débit, Credit, Cat\$cratch & Retail Points accepted)